

## A Pale, Tired Complexion

**A loss of hydration can make your face dull instead of dazzling. Plus, circulation tends to slow in the winter, since you are probably not moving around as much, and that can leave you looking less than rosy.**

### BEAUTY SOLUTION

"Keeping your skin moist is the key to a pretty glow," says Bua. Use a nourishing mask with alpha hydroxy acids, found in apple juice, to increase radiance. We like Juice Beauty Green Apple Nutrient Mask, \$35. Then mix a dab of luminous foundation one or two shades darker, such as Elizabeth Arden Intervene Makeup SPF 15, \$36, into your lotion, and spread it on for a healthy complexion. It also helps to regularly hit up the gym or just walk around—you'll boost blood flow and start to shine again.



## Chapped Hands and Brittle Nails

**The combo of freezing winds outside and desert-like heat indoors weakens the surface of hands and nails, says Ava Shamban, dermatologist at the Laser Institute in Santa Monica, California.**

### BEAUTY SOLUTION

Coat on a thick hand cream enriched with moisturizing botanicals or ceramides (lipids that penetrate in between your cells and enhance your skin's barrier function). Make sure you thoroughly rub it into your cuticles, since the fragile skin there gets particularly raw and ragged. "Nails break more often in the winter because dry air destroys keratin, a protein that keeps them strong and flexible," says Dr. Shamban. Fortify your tips by applying a nail strengthener once or twice a week—Nailtiques Nail Protein Formula 2, \$9.99, is packed with protein and calcium.



## Dry, Flaky Skin

**Downing a lot of caffeine to compensate for diminished daylight dehydrates you, as does the lack of humidity.**

### BEAUTY SOLUTION

Don't scrub at flakes. "Scrubbing irritates skin, worsening scaly buildup," says New York City dermatologist Jody Levine. A better strategy is to lather on creams that contain citrus acids to dissolve peeling skin gently and antioxidant-rich fruits to amp up hydration. We like Fresh Sugar Acai Age-Delay Body Cream, \$65. Also cut back on caffeine intake, and drink at least six cups of water a day, notes Dr. Fusco. (Skip the ice cubes if chilled H<sub>2</sub>O makes you too cold.)

